



**Next Spoke
Sept. 21**

Stay connected.
Look for the paper
every Monday in
the blue racks.

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Try out for a
varsity team**

Fall semester
sports include
soccer & volleyball.
Page 12

MONDAY, AUGUST 31, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

41ST YEAR — NO. 15



PHOTO BY ADAM RUSSELL

Conestoga Students Inc. president Sheena Sonser and VP Christopher Carson look over some of last year's event posters. CSI provides services, representation and activities for full-time students, and is currently planning many great events for the 2009-2010 school year.

What can CSI do for you?

By ADAM RUSSELL

New year, new school and new people.

For some, these three things may be a little intimidating and can make for a cumbersome start to post-secondary learning.

But they don't have to.

Conestoga Students Inc. is here to help.

The organization, which is the official student union voice representing more than 7,000 full-time students at Conestoga College, can make things a little more comfortable.

"We are truly here to help with their (new students) transition into the college," said CSI president Sheena Sonser. "But we're also here to help throughout their entire college experience."

CSI's mandate is to provide students with activities, services and representation.

The self-serve area, which is located directly beside Tim Hortons just inside Door 4, is

students' "one-stop shop for all project needs," according to Sonser.

They offer free services such as binding, laminating, faxing and scanning as well as charged services like colour printing and photocopying.

The area also carries long distance and cellphone cards.

Part-time job opportunities for students within the self-serve area are also sometimes available.

On the social side, CSI plans and organizes events to help engage students in college life.

"We provide a huge range of activities," said Sonser, adding she always welcomes new event ideas from students. "We do open mike nights, concerts and battle of the bands. Pretty much anything that is fun and entertaining we try to provide."

CSI's annual Polar Plunge is one of the events that is popular with students at the college. Every year volunteers raise money for charity by

taking a frosty dip into the back pond (or an inflatable pool if the ice isn't safe). The 2009 event raised money for research into a cure for cystic fibrosis.

CSI also provides openings for students to get involved within the organization itself and vice-president Christopher Carson encourages it.

"They have opportunities to gain skills that people usually wouldn't have," said Carson. "Joining the SWAT team, they can gain leadership skills, they build friendships and there is team-working and if you're into marketing there are promotion opportunities."

CSI provides the student health plan, a massage therapy studio, a Shooters photography studio and the opportunity to start your own club if you're interested in finding people with the same interest as yourself.

Amnesty International, the Conestoga Christian Fellowship committee and the Conestoga mixed martial

arts club are just a few examples of some of the groups that already exist.

Over the summer months CSI did a lot of planning to prepare for the upcoming school year. Things such as what events will take place and when were some of the things they focused on.

They also met with the incoming board of directors and came up with a strategic framework of what they want to accomplish this year and they talked about some of the charities they would like to help out.

If you have any questions about how CSI works and what they do, or you would like to see how to get involved, pay them a visit in their office which is located on the second level of the Doon campus in Room 2A106.

"At any point I encourage all students to come and talk to us so they can get to know their board of directors, vice-president, president and staff members," said Sonser.

PRESIDENT'S MESSAGE

The college has a lot to offer

Welcome to the 2009-2010 academic year. I hope you will find it everything you expect as you move forward towards your career-related educational goals.

Pursue your studies faithfully and apply the skills you learn, and you will take a major step towards success.

Our faculty members have considerable experience in their respective fields and a lasting concern in your progress. From them, you will learn what you need to know in your future endeavours.

Practical education offers the great satisfaction that comes from doing a job well. The confidence you gain from that knowledge will aid you throughout life.

There can be many other experiences for you at Conestoga:

- Varsity and intramural athletics.

- Activities and events sponsored by Conestoga Students Inc.

- On-campus clubs and groups.

- Even professional association opportunities linked to your program of study.

These opportunities add to your personal life and enrich your education.

For new students, our formal Orientation activities and the early part of the fall semester will give you many insights into Conestoga and how you can best benefit from your time here. All of us here — faculty, staff, administrators and returning students — have a wealth of experience that we will gladly share with you.

It's an exciting time to be at Conestoga, and all of us are delighted that you've chosen to be here. Best wishes for a great year.

John Tibbits,
President, Conestoga College

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What advice would you give first-year students?



"Don't procrastinate."

Jaclyn Skinner,
public relations
program

"Find a good group
to study with."

Kyle Pettitt,
financial planning
program



"Pay attention in class."

Matthew Gordier,
police foundations
program

"Don't buy textbooks until
you know you have
homework out of them."

Nahum Mann,
journalism broadcast
program



"Listen to instructions."

Reinhardt Grobler,
police foundations
program

"Come to Orientation day."

Trish McNaughton,
office administration executive
program



Smile Conestoga, you could be our next respondent!

Get off on the right foot

These tips will help you stay stress-free

By DAVID SMITH

Welcome to the wonderful world of college education, a step in the right direction towards your chosen career. Let us begin by offering a few elementary tips to assist those who are new to this strange and prosperous place.

First off, make note of your timetable and study it well – realizing halfway through first class that the cafeteria is, in fact, not where marketing is held, is embarrassing.

Secondly, scour the campus bookstore as soon as possible for your program's textbooks. There is a wide selection (read: plethora) of books available, so stay alert and make sure you are in the correct section of the store. If you are in search of business

management books but have your face stuck in sweaters adorned with the college name, chances are you're in the wrong spot.

Third, find Tim Hortons on campus – if a friend asks you to meet there and you choose to venture out towards Homer Watson instead, you will be minus a friend.

Then there's parking, student council, the library, the cafeteria, the Sanctuary, other students, bus routes, Career Services, recreational facilities, student residence and the location of the nearest bathroom.

For some, beginning college can be a daunting task. Let us assure you, it doesn't have to be.

Faculty members and fellow students can help you, as can Counselling Services.

Covering a wide range of

topics, registered counsellors at Conestoga are here to make sure the transition into college is simple and easy.

Not only can they help you with first week butterflies, they are here to listen.

Some common personal issues include: stress, transition to college, relationship difficulties, anxiety, depression, thoughts of suicide, sexual assault or abuse, sexuality, low self-esteem, domestic violence, anger, grief, loss, trauma, health issues and eating disorders.

Counsellors can also help students with academic and career issues.

Students interested in speaking with a counsellor can visit the office located in the Student Life Centre in Room 1A101 or can call 519-748-5220, ext. 3360.

WHAT DO YOU DO...

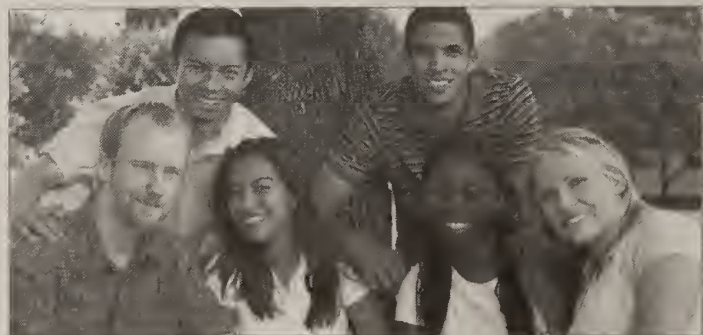
...if you are away from home for the first time and feeling lonely?

...if you are experiencing personal problems?

...if you suspect you might have a learning disability?

...if you are feeling overwhelmed?

...if you have questions, concerns about anything?



www.conestogac.on.ca/counselling/

Don't wait. Don't hesitate.
We are here to help you succeed.

FREE AND CONFIDENTIAL!

Counselling Services; 1A101
Student Life Centre

Conestoga a respectful community

By **CHRISTIE LAGROTTA**

It's one of the first lessons you learn as a child and one of the first you will learn at Conestoga.

Respect.

The college's Respect Campaign, which launched in September 2008, has received a lot of praise from the college community.

Its purpose is to encourage the student body as well as faculty members to be the difference and to go the distance to welcome and accept everyone.

Respect is the understanding that we share a common community, that we are able to agree and disagree civilly, that we are able to consider the needs and rights of all people in the college community and that we do not allow disrespect.

"At Conestoga, we're really proud to have a campus that is respectful, welcoming and inclusive to everybody," said Ryan Connell, student life programmer and an organizer of the student Respect Campaign.

To achieve the goal of the Respect Campaign, a certain degree of understanding and commitment is required from each individual in the college

community.

The halls are lined with posters highlighting different circumstances in which respect should be granted. Featured in some of the posters are mature students, single parents, English language studies students and students with disabilities.

In the summer of 2008, a group of students, members of Conestoga Students Inc. and faculty members combined to be the first Respect Campaign committee.

The committee hosts several events throughout the year, promoting the campaign itself as well as the meaning of respect.

Conestoga already has a very welcoming and inclusive atmosphere. However, the campaign continues to promote and develop awareness of student demographics through diversity programming, awareness of the good behaviours already established on campus, and by providing student leaders with the tools to act as leaders and role models of the campaign's message.

"I think it's important for all newcomers to know that they have entered a respectful community," said Connell. "It

is important to know what that means."

There are plenty of ways to get involved and support the ongoing Respect Campaign. As mentioned on the Respect website, this can include:

■ Wearing Respect by picking up a lanyard or bracelet in the Student Life Centre.

■ Leading Respect by being a leader and helping others to follow in your footsteps.

■ Educating yourself on Respect by taking advantage of the many resources including poster displays, the Respect website, events and video presentations.

■ Celebrating the differences throughout your Conestoga academic career. You will come in contact with various nationalities and needs; celebrate each interaction.

■ And, of course, speaking out about disrespect. It has never hurt anyone to share your feelings when you hear someone speak with a lack of respect.

If you would like to get involved and promote respect throughout your day, visit www.conestogac.on.ca/respect, email respect@conestogac.on.ca, drop by the Student Life Centre or visit Connell in Room 2A117.

A part-time job has pros, cons

By **LOUISE KADDOUR**

With college tuition costing more than \$2,000 a year, many students question whether balancing a part-time job with post-secondary school is the way to go.

Ryan Scott, a materials and operations management student, says he works eight hours per week as well as 16 hours every second weekend as a car detailer to earn some extra money.

Though he says working helps out financially, it also helps him to get his mind away from school work for those few hours a week.

He finds that the only disadvantage is "not being able to stay after class some days to assist with projects, though most of the time arrangements can be made."

For Sharlene Kusicki, a health office administration student, there is a fine balance between working part-time as a manager at McDonald's and her school work.

"I find I can't exceed 15 hours because my course load

is too heavy and I could easily fall behind."

A study by Upromise, a U.S. organization that aims to help people achieve higher education, says that part-time student employment has beneficial effects such as recent work experience on your resume and engagement in more productive activities (other than just computer games!).

They also found that students who work less than 10 hours per week reported higher GPAs.

Lina Said, a hearing instrument specialist student, says she would recommend students work part-time while in school if they can balance it with their course load.

Said, who works 10 to 15 hours per week at McDonald's, says the disadvantage to working while in school is the low wages paid to students.

Also, Upromise found that students who worked more than 35 hours a week were much more likely to drop out of school than those working fewer hours.



SAVINGS, WHERE YOU LEAST EXPECT THEM.

TV On Demand: Tune to channel 100 to catch up on the hottest shows whenever you want. It's free with your Digital TV service.

Safe Surfing: Make your online experience a safer one by downloading the all-in-one security suite¹. It's free with your Internet service.

Bye, Bye Long Distance: Call all other Rogers and Fido customers across Canada with no long distance charges. It's free with your Home Phone service.

Call 1-800-317-0347 for details.

1 For PC users only. Visit rogers.com/protectinfo for full details. TMTrademarks of or used under license from Rogers Communications Inc or an affiliate ©2009 Rogers Cable Communications Inc.

ROGERS

Nursing club new at college

BY PATRICK LANSBERGEN

Conestoga's nursing students have banded together to form a club of their own in an attempt to create a sense of community.

Conestoga Nursing Students, a new affiliate of Conestoga Students Inc., was launched in April. It is open to all members of Conestoga's nursing programs.

According to Heather Whitfield, a Conestoga student in the bachelor of science in nursing program, the club is meant to bring together all nursing students to encourage them to socialize and improve the nursing community.

"This isn't just for the BSCN students, it's for all nursing students in all the different programs," said Whitfield. "There's probably more than 300 nursing students here. We should help each other out and have a great time as a

community."

According to Courtney Schlumkoski, also a Conestoga bachelor of science in nursing student, the club is meant to reach out to all the students and make their time at Conestoga better and to bring recognition to the nursing community at the college.

"There's a lot of nursing students here but it isn't well known and we don't really hang out with each other. We really want to change that," she said.

According to the Facebook group Conestoga Nursing Students, the club is meant to provide mentorship, fun, community service and learning activities for Conestoga College nursing students.

For further information about the CNS club, email conestoganursingstudents@hotmail.com or search Facebook for the group site.



PHOTO BY PATRICK LANSBERGEN

Nursing students launched the Conestoga Nursing Students Club last semester. Members included, left to right, Courtney Schlumkoski, Sonia Laranjeiro, Camille Sisak, Meaghan Sniden, Sarah Hood, Ljiljana Lukic, Bojan Vugdragovic, Heather Whitfield and Kelsey Romitz.



CONESTOGA
Connect Life and Learning

Welcome to Conestoga's Trades and Apprenticeship Centre - Guelph Campus for Business, Motive Power and Industrial Trades

Apprenticeship

Automotive Service Technician
Truck and Coach Technician
Millwright
Metal Fabricator
Welder

Access & Preparatory Studies

Academic Upgrading
Employment Training Readiness
Focus for Change

Business

Business Foundations
General Business
Office Administration – General **

Conestoga Career Centre/ Job Connect

Trades Certificate & Diploma

Motive Power Fundamentals:

- Automotive Service
- Truck and Coach and ITEP
- Truck Trailer Service **

Heavy Equipment Operator

Heavy Equipment Techniques

Industrial Maintenance Mechanic

Motive Power Foundations **

Mechanical Techniques – Millwright

Welding Fitter

Welding Engineering Technician

Manufacturing Engineering Technology

- Welding and Robotics

Continuing Education

Corporate Training

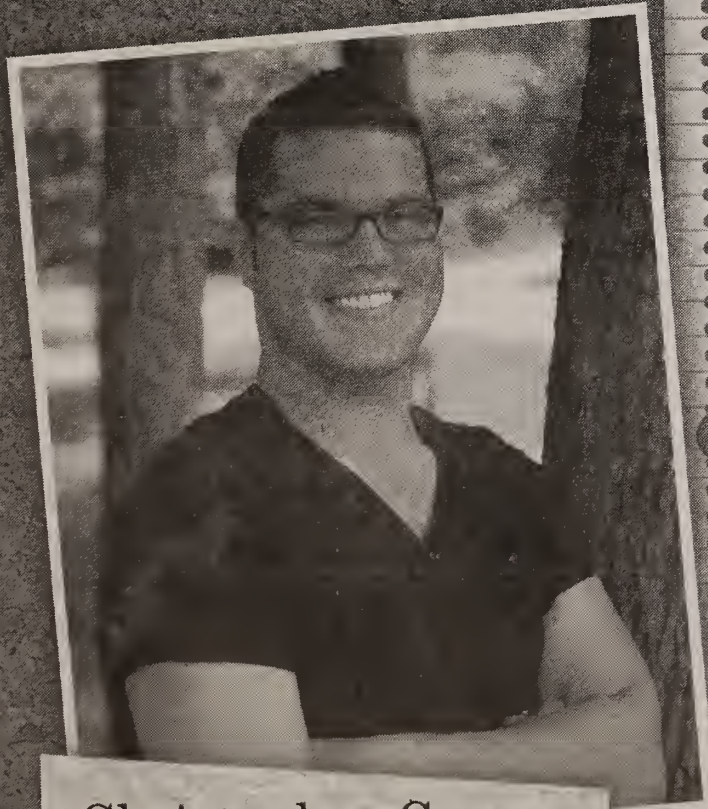
**** New Programs for 2009!**

WE WISH YOU SUCCESS

your CSI president & vice president



Sheena Sonser
President
Conestoga Students Inc,



Christopher Carson
Vice President
Conestoga Students Inc,

Hello Conestoga Students,

My name is Sheena Sonser and I am your returning 2009-2010 President of Conestoga Students Inc. (CSI). CSI is your student government here on campus and will provide you with a wide range of services, representation and activities. We have an incredible team, the board of directors and staff members are here to help and make positive changes to insure that you have the best experience possible.

I would like to take this opportunity to welcome all new students to Conestoga College and welcome back all returning students. As a graduate of Conestoga College I take great pride in saying that we are all fortunate to be a part of the #1 College in Ontario, you have made a great choice!

This year will be filled with learning, information, opportunities, fun, new people, challenges, and the time of your life...so don't let any of it pass you by. Spend this year taking advantage of the opportunities available to be engaged, get involved and make a difference on campus.

Please make it a point to come by the office and chat with me about anything and everything. If you have any questions or concerns don't hesitate to email me at ssonser@conestogac.on.ca

I wish you the very best in your studies and your student experience!

Yours truly,
Sheena Sonser
President, Conestoga Students Inc.

CONESTOGA
STUDENTS INC

Dear Conestoga Students Inc membership,

Welcome to Conestoga College, and if your returning, welcome back! Conestoga Students Inc. has a lot of great things planned for you this year, and we are excited to make this year one of the best years of our organization. With many new and exciting events, expansion of services, building of a new campus, and much more, we are here to provide you with the best service possible.

Your student government is here to make your time here at Conestoga College fun and exciting, but we are also here to ensure that fairness is brought to the post secondary education system as well as to the everyday college environment. So if your have any questions or concerns please feel free to stop by the Conestoga Students Inc. office in 2A104 and we will be able to assist you in your student issues.

If your looking to get involved this year, there are many opportunities for you to join committees and teams that will give you positive experiences in the school. So if you want to make a difference at the college, and have fun while doing it, CSI is the place to be.

Once again, welcome to Conestoga College and Conestoga Students Inc. membership, we look forward to making this year a great year for you. Best of luck in your studies.

Sincerely,
Christopher Carson
Vice-President, Conestoga Students Inc.

CONESTOGA
STUDENTS INC

CONESTOGA
STUDENTS INC

POONID PARTY

THURSDAY SEPT. 10
BACK POND, 11:30AM - 2PM

FREE OLIVEAWAYS
LIVE MUSIC
FREE BBQ



BEEF

MEET YOUR 2009-2010
BOARD OF DIRECTORS

FREE
THURSDAY
SEPT. 17
SANCTUARY
AT NOON



Mario Anglin
Director of Social Programming



Amanda Black
Director of Communications



Kristen Carmichael
Director of Awareness

your
2009-2010
board of
directors

CONESTOGA
STUDENTS INC



Ciara Byrne
Director Research and Development



Maria Fermin
Director of Internal Affairs



Lisa Jackson
Director of Community Engagement



Taryn Schmidt
Director of Advocacy

AT LIBRO, IT'S **BANKING FOR FREE** **UNTIL YOU'RE 23!**

Libro offers a **FREE** Youth Chequing Account for young people under age 23:

- **Absolutely no service charges**
- Direct deposit of your pay (no holds)
- MemberCard® Debit Card for ATM access and Direct Payment purchases
- Access to over 2,000 surcharge-free ATMs through the Exchange® Network, including 15 Libro branches in southwestern Ontario
- Online and telephone banking, no extra charge

Libro staff are excited to talk to you about what we have to offer. Please call one of Libro's K-W branches today to set up an appointment. Unlike most banks, we'd actually **love** to hear from you!

VISIT libro.ca/student, CALL 1-800-361-8222 OR EMAIL service@libro.ca

WATERLOO**519-744-1031 519-725-6060**

55 Northfield Dr E

KITCHENER**519-570-9955**

1170 Fischer Hallman Rd

**LIBRO**

FINANCIAL GROUP

You pay a rec fee, so use facilities

By LACIE GROFFEN

Do you wonder what the recreation/athletics fee is on your tuition bill? Why you're paying \$122 extra per year?

This fee helps offset the costs of the intercollegiate athletics program and intramural program and also gives full-time students access to the rec centre. If you don't know what that is, it's that big stadium-like building you see on the right when you pull onto Doon Valley Drive off Homer Watson.

The building features an Olympic-size ice rink, four

change rooms, two squash courts and two floors of both cardiovascular and weightlifting equipment.

It also has various free gym periods that can be used for basketball, volleyball, soccer, badminton and ball hockey.

The gym is also the site of intramural sports such as dodge ball and ball hockey while the rink has intramural ice hockey.

The centre is great for both individual and programming needs.

Brittany Plummer, of Cambridge, is going into her second year of law and securi-

ty. She said she uses the gym to keep up with her program.

"I use the gym almost every day because my program requires a lot of physical activity and it makes it easier to be involved when you have constant access to the gym," said Plummer.

The centre also has rental opportunities. You can rent the soccer field or baseball diamond for about \$30 an hour.

For information on hours of operation or equipment rental, call 519-748-3565, ext. 3565, or visit www.conestogac.on.ca/recreation/

College life takes some getting used to

By KAITLYN HEARD

It isn't easy packing up the truck, saying goodbye to friends, moving into a hotel-sized room then realizing you're living with a complete stranger for the next eight months.

When I came to Kitchener in September 2007 at the age of 18, my college living experience wasn't exactly the thrill I'd hoped for.

After moving into residence, I was in shock. Living in tiny cramped quarters with no privacy and loud noises all day didn't seem worth the money I paid. Being very shy, it was tough getting used to sleeping in a room with a complete stranger.

However, despite the terrible living conditions, the residence advisers always had activities and games planned for anyone who wanted to participate.

Walking through the college doors on the first day of classes was exciting, despite getting lost a couple of times. The students on campus were more than willing to help any lost students along the way. Knowing that they were there helped me feel less awkward and stressed.

Once I found my way around, the cafeteria was the first thing to try. After tasting different items each time I went, I finally discovered the sandwich bar — although it wasn't until my second

year. They make the best veggie wraps. They are giant tortillas filled with any toppings you like at a cheap price, when compared to other food in the cafeteria.

If you're looking for other types of cheap food, there's always Tim Hortons. However, the lineups can be long.

When it comes to coffee, head to the cafeteria. It costs more than Tim Hortons, but it's worth it. They have delicious flavoured coffees like caramel biscotti and Irish cream.

There are also two Pizza Pizza locations on campus. One is located in the C-wing on the first floor and the other in the Sanctuary. They usually have several kinds of pizza to choose from and it's quick to grab if you're in a rush.

During the first few weeks of school, Conestoga's student council, Conestoga Students Inc., plans tons of games around campus. As cliché as it sounds, it really is a good way to meet people.

There are always those who don't know anyone either and are looking to make friends.

Whether you're scared, excited or nervous, Conestoga will make you feel welcome and accepted.

So live college life to its fullest, because it is an experience that helps shape who you are and gets you on your way in life.

NEW this Fall!

CONNECT!

FREE!

Leadership Workshop Series

Build your Portfolio!

Connect with Yourself!

You Can Lead Too!
Uncover the Leader in You

Your Mission is Possible!
Explore your Values, Create your Vision,
Know your Mission

Appreciate Yourself! Appreciate Others!
Discover the Gifts of Personality

Connect with Your Community!

Connect Today, Create Tomorrow!
Getting Involved at Conestoga

Be the Change!
Getting Involved in your Community

Connect with Others!

Participate, Motivate, Inspire!
Building an Effective Team

Respect, Reflect, Rethink!
Exploring our Differences

FUN!



Leadership is for EVERYONE! Meet new people!

For more information, check out our website at
www.conestogac.on.ca/studentlife

Waterloo Campus

Orientation 2009

Welcomes




Trades and Apprenticeship

Hospitality

Culinary

Event Management

English Language Studies

Preparatory Programs

Continuing Education

Corporate Training

Career Services







Would you like to volunteer on campus?

Help an international student practice their English

Time commitment of 1 hour per week

Flexible hours – get involved and meet new people



**Applications are available in the
LEARNING COMMONS 2A103**

There's lots to do in Kitchener-Waterloo

By KEVIN O'BRIEN

A note to out-of-town first-year students: There's more to this city than there might first appear.

It's admittedly difficult to believe this based on what's in the immediate area of the college, but the region offers much in the way of culture, sports and entertainment.

So, keeping that in mind, here's a beginners guide to entertaining yourself in Kitchener-Waterloo.

To begin, if you don't have a car, a bus pass is highly recommended. Grand River Transit runs express buses across Kitchener and Waterloo, allowing easy access to Uptown Waterloo and downtown Kitchener.

Uptown Waterloo is the hub of the local bar scene. Cheap drinks and minimal decor is the calling card of Phil's (220 King St. N.), karaoke contestants are always welcome at the Silver Spur (28 King St. N.) and the Starlight Lounge (47A King St. N.) offers hip young DJs and touring bands amid a '70s-inspired atmosphere. There are also the Princess (6 Princess St. W.) and Princess Twin (46 King St. N.) movie theatres which offer the best from foreign art films to Hollywood blockbusters.

Shopaholics should check out boutiques like Gloss (22 King St. S.) and Delirium (23 King St. N.) to find stylish clothes not offered at the mall, and record shoppers

should look to the Orange Monkey (5 Princess St. W.) or Encore Records in Kitchener (54 Queen St. S.) to satisfy their vinyl needs.

Uptown is also the place to go for countless outdoor activities. The zoo in Waterloo Park is surrounded by acres of baseball diamonds, winding trails and fields perfect for a Sunday afternoon picnic.

Downtown Kitchener, only minutes away from Uptown Waterloo, also has plenty of attractions.

Victoria Park, situated seconds away from the Charles Street Bus Terminal (15 Charles St. W.), is a lovely getaway, surrounded by some of the city's oldest houses. In the park is also the Boathouse, a small but great bar offering live music and good food.

Downtown is also home to the Kitchener Memorial Auditorium (400 East Ave.), the arena that houses the Kitchener Rangers hockey team. The Aud has also hosted big-name concerts such as Elton John, Pearl Jam and Nickelback.

Readers can check out the many used bookstores downtown including Casablanca Books (146 King St. W.), A Second Look (33 Queen St. S.) and KW Book Store and Exchange (308 King St. W.), as well as the Kitchener Public Library (85 Queen St. N.)

In any case, once you do a bit of digging, you'll discover your own favourite bars, coffee shops, eateries and stores.

Peer Tutoring

Monday, September 21, 2009 is the first day to request a tutor for Fall semester courses.

To request a peer tutor, visit our website: www.conestogac.on.ca/learningcommons/peerservices/tutor.jsp ...or stop by the Learning Commons, room 2A103.

We are still recruiting tutors for select programs for the Fall/Winter 2009-10 academic year. Contact the Learning Commons for more details!



the learning commons

Peer Services Learning Skills Service Writing Service

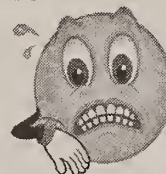
**Students Helping Students
- It Works!!!!**



HEALTH SERVICES

provides quality health care and health education in a friendly and professional manner. Our services are available to all full-time students of Conestoga College.

Health Services is located in **Room 1A102** of the Student Life Centre at the Doon Campus



Office Hours: 8:30 a.m. to 4:00 p.m. Monday to Friday

Phone: 519 748-5220, ext. 3679 for more information or to make an appointment with the doctor or chiropractor

Doctor's Services include:

- Medical care and treatment
- Annual health examinations (physical)
- Sexually Transmitted Disease Testing
- Driver or 3rd Party Physical
- Pap Test
- Pregnancy Test
- Allergy injections
- Prescription Renewal
- Sexual health & Lifestyle issues
- Referrals to specialists
- Wart Treatment

Chiropractic services:

This service is available to students, staff and faculty. 80% of the fee charged to students for Chiropractic appointments is covered by the CSI Health Plan, however full payment must be made at the time of appointment. The first visit is \$50.00 and follow-up visits are \$25.00. Chiropractic Services are provided by Dr. Mike Eltervoog.

DISABILITY SERVICES

**Want better results for your
hard work?**

**Disability Services provides supports
and services for students with
disabilities**

Assessment

Accommodation

Adaptive Technology

Employment Advice

**Supports and Services to assist with
disability-related challenges**

Contact us:

www.conestogac.on.ca/disabilitysvc/

519-748-5220, ext. 3232

Or drop in to Room 1A107

Documentation of disability is required

WOMEN'S SOCCER TEAM HAD A BALL AT PROVINCIALS

Conestoga's women's soccer team competed at the provincial soccer tournament at the OSA soccer centre in Vaughn at the end of the school year, finishing third in the province. Team members are: back, from left, Nick Delic, assistant coach, Kerry Lantz, Catherine Nutt, Jessica Lee, Aldo Krajcar, head coach, Natasha Blais, Ashley Thompson, Jocelyn Lodder, Rebecca Miller, front row, from left, Morgan Craig, Ashley Flewwelling, Sam Sokoloskie, Carmen Carnochan and Holly Wilder.

PHOTO SUBMITTED



Grab your sports gear and try out for a team

By **BLAIR POLLOCK**

Break out the books, but don't forget your cleats.

The beginning of the 2009/2010 school year also brings the start to a new varsity sports campaign.

Tryouts for varsity sports start in early September with a wide world of teams looking for new blood.

For women who find themselves at home on the fastball diamond, women's varsity fastball tryouts run from Sept. 8-10 and Sept. 14-15 from 5 p.m. to 6:30 p.m. at the rec centre's ball diamond one.

The women's varsity soccer team begins its quest for an Ontario Colleges Athletic Association championship with tryouts from Sept. 8-10 and Sept. 14-15 from 5 to 7 p.m. at the rec centre soccer field.

On the men's soccer side, tryouts run from Sept. 8-10 and Sept. 14 from 5 to 7 p.m. at the rec centre soccer field.

If a sport with a little more contact is right up your ally, men's rugby gets ready to bring the pain with tryouts from Sept. 8-11 and Sept. 14-

17 from 5 to 7 p.m. at the rec centre ball diamond three.

Varsity cross-country running also hits its stride Sept. 9-10 and Sept. 14-16 at 5 p.m. Potential long distance runners who want to run for the Condors are asked to meet at the rec centre.

As Conestoga has decided to bring back the varsity volleyball program, both men's and women's teams will be in full flight in mid-September.

Women's volleyball tryouts are on Sept. 14-15, 17, 21 and 24 from 6 to 7:30 p.m. Men's volleyball tryouts run on Sept. 14-15, 17, 21 and 24 from 7:30 to 9 p.m. Both teams' tryouts will be in the rec centre gym.

Badminton tryouts are the last to begin in the fall semester, with tryouts on Sept. 16, 22, 23 and Sept. 29-30 from 5 to 7 p.m. at the rec centre.

In the second semester men's and women's indoor soccer will take place in early January.

For further information on varsity sports and tryouts contact Marlene Ford at mford@conestogac.on.ca.

What's Happening in Student Life!

September



→ **Get Involved Fair**
Sept 24th from 10am-2pm

→ **Respect Campaign**
Join the Student Committee!

→ **Connect! Leadership Workshop Series**
Sign-up online or at the Info Desk!

For more information about Student Life **EVENTS** and how to **GET INVOLVED** check out our website at www.conestogac.on.ca/studentlife



LOOKING FOR HELP OR NEED SOME INFORMATION? Look for your "OL's"! The leaders in BLUE!

They are here to help and make you feel welcome during your orientation, so feel free to say hello or ask them any questions you may have!



At Conestoga College we want you to Be the difference. RESPECT

We are proud to have a campus community that is respectful, welcoming and inclusive to all. As we welcome you to our community, it is important for all of us to collectively recognize what Respect looks like in our community.

At Conestoga, Respect is the understanding that we share a common community and a behaviour of civility that we all value.

- We have the ability to agree and disagree civilly
- We consider the needs and rights of all people in the college community
- We do not allow any excuse for disrespect

Through leadership and positive role modeling, we have the opportunity to impact our community and build a respectful environment for everyone.

We encourage you to take a look through the Respect website and see the myriad of resources available for your use and college policies that reinforce our message of Respect.

We already have a proud and respectful community at Conestoga. We welcome you to be a part of that and to Be the difference. Respect.

Visit the Respect website!

www.conestogac.on.ca/respect

Be the difference.
RESPECT